

HIIT PRO

WARM UP

Jog in place: 1 minute

Jumping jacks: 1 minute

LET'S DO THIS

Lunge jumps: 30 seconds

Rest: 10 seconds

Burpees: 30 seconds

Rest: 10 seconds

Sprint in place: 30 seconds

Rest: 10 seconds

Squat jumps: 30 seconds

Rest: 10 seconds

Jump rope: 30 seconds

Rest: 10 seconds

Mountain climbers: 30 seconds

Rest: 10 seconds

Wall sit: 1 minute

Repeat once. Repeat twice for added challenge

COOL DOWN

Walk/march in place for 1-2 minutes